



- King: 13 jumps over Ski jumps over a line or cone
- Queen: 12 mountain climbers
- Jack: 11 second hold wall sit
- 10: 10 defensive slides right and left
- 9: 9 second quadriceps stretch, do right & left side
- 8: 8 supermans hold for 8 seconds each
- 7: 7 crab walks 7 times
- 6: 6 second stork stand balance
- 5: 5 deep squats
- 4: 4 tuck jumps
- 3: 3 spins on 3 different body parts
- 2: 2 funky dance moves
- Ace: hold a 45 second down dog yoga pose



- King: 13 lunges per leg
- Queen: 12 star jumps
- Jack: 11 hops per foot
- 10: 10 hamstring curls from side-to-side squats
- 9: 9 reverse sit-ups, hold for a count of 10 each
- 8: 8 lat pull-downs w/side knee raises
- 7: 7 side bends, 3 repetitions
- 6: 6 abdominal crunches
- 5: 5 tricep pushups (crab pushups)
- 4: 4 Macarena push-ups
- 3: 3 jump rope sets of 30
- 2: 2 hurdler stretches, 30 seconds each leg
- Ace: 1 lap grapevine



- King: 13 step and squats
- Queen: 12 cross crawls behind back (touching opposite heel with opposite hand).
- Jack: 11 out-out-in-in hands from push-up position
- 10: 10 x jumps
- 9: 9 second hamstring stretch right and left sides
- 8: 8 inchworms
- 7: 7 lower back pretzel stretch right/left 3xs
- 6: 6 walking lunges right and left
- 5: 5 360 spins in the air
- 4: 4 straddle seat stretches 10 seconds per leg
- 3: 3 V-sits, hold 10 seconds each
- 2: 2 30 second tricep stretches, right and left
- Ace: 1 lap carefully jogging backward



- King: 13 second stretch, your choice
- Queen: 12 squats, 4 counts down
- Jack: 11 gastrocnemius raises
- 10: 10 jumping jacks
- 9: 9 knee slappers
- 8: 8 high knee body twists (touching opposite elbow to opposite knee)
- 7: 7 push-ups
- 6: 6 curl-ups
- 5: 5 vertical jumps
- 4: 4 cross country skiers
- 3: 3 planks 30 seconds each
- 2: 2 quick feet 30 seconds each
- Ace: 1 fast lap around the gym